



---

# WIS FIT: Winter

## Grades 3-5

---



A speed & agility training program specifically designed for each athlete with a common goal - to enhance foot speed, gain power and become more flexible. This program supports many athletic levels through a system of progressive exercises and instructions aimed at developing fundamental motor ability to enhance the capability of athletes to be more skillful at faster speeds and with greater precision. This program is a great compliment to our Running Club and a fun way to stay healthy!

Questions contact Pascale at [info@trifitness.net](mailto:info@trifitness.net) or call 203-612-8815

Program Dates: 1/4- 2/8 (Snow Dates: 2/15, 2/22)

Wed: 3:30-4:30 P.M.

Sr. Center All Purpose Room (*students can ride Bus 15 to HES*)

Fee: \$120- 6 Classes

Instructor: Pascale Butcher

REGISTRATION: Online Registration: Begins on Monday, November 14<sup>th</sup> at 12:01 a.m. at [www.westonct.gov](http://www.westonct.gov). Walk in Registration: Begins on Tuesday, November 15<sup>th</sup> (if space is available) at 9:30 a.m. in the Recreation office. Payment made by credit card **only online** and check only to the Town of Weston in the Recreation office.

Early registration is encouraged and recommended. This program will fill up quickly. Prior to registration online make sure you have your Web Trac user I.D. and password setup. If you already have an account make sure your information has been updated (i.e. address, grade, age, etc.)

**Weston Parks & Recreation Department**  
**P.O. Box 1184, WESTON, CT 06883 Tel. 203-222-2655**  
LOCATION: 47 NORFIELD RD. (CORNER OF ROUTE 57 & NORFIELD RD.)

[www.westonct.gov](http://www.westonct.gov) - Parks & Recreation